

SUNS OUT GUNS OUT 1/23/22

Every Minute on the Minute for 30 Minutes

Minute 1: 7-10 Pull Ups

Minute 2: 16 Alternating Single Arm Floor Press

Minute 3: 7-10 Chin Ups

Minute 4: 10 Bench Press

Minute 5: 8-10 Mixed Grip Pull Ups**

Minute 6: 15-20 Push Ups

Minute 7 & 8: Rest

Coaches Notes

All movements are strict and unbroken, so modify accordingly.

Use bands, ring, or inverted barbell rows in order to stay strict and get 7-10 reps on the pull up if you need to. Use the same customizations on the chin ups, your palms will just be facing in.

On the alternating single arm floor press, lie on your back with a dumbbell in each hand.

Bend your elbows so your forearms are vertical, upper arms about 45° from the torso.

Press your right arm straight up to extension, then lower and repeat with the left. 16 reps will be 8 per side.

To set up for the bench press, push your feet down into the floor. Draw your low back, shoulders and the back of your head down into the bench. Keep your elbows about 45 degrees from your torso, wrists straight. Press the dumbbells all the way back up until your arms are straight to complete the rep.

For the mixed grip pull ups, one hand will have a pull up grip and the other hand a chin up grip. Just use a traditional grip if doing ring rows or inverted rows.

Keep your body nice and tight on the push ups to avoid snaking or sagging. Touch your chest and thighs to the ground. Go to your knees or elevated if you need to.